



🔥: Warm Dish
❄️: Cold Dish

CHICKEN

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| 1 | Buffalo Chicken Bowl 🔥 or ❄️ Shredded buffalo chicken, cous cous, carrots, cilantro, tomatoes, green onion, red cabbage, celery, jalapeno, blue cheese (can omit) & a side of buffalo sauce over a bed of spinach. Cals: 347 F: 10g C: 25g P: 39g | \$14.95 |
| 2 | Thai Chicken Buddha Bowl 🔥 Diced grilled chicken, carrots, red cabbage, peppers, onions, edamame & soy. Topped with cilantro & lime w. a side of spicy peanut sauce. Cals: 383 F: 6g C: 44g P: 31g | \$14.95 |
| 3 | Fiesta Bowl 🔥 A flavorful bowl of grilled chicken, jasmine rice, whole – mini sweet peppers w. a side of fresh pico de gallo (jalapeno, cilantro, tomato, onion) & mole (dried chilies, tomatoes, peanuts, squash seed). Cals: 419 F: 7.3g C: 30g P: 56g | \$14.95 |
| 4 | Rosemary Lemon Chicken 🔥 Grilled lemon chicken w. green beans & roasted rosemary n garlic white potato wedges & a side of balsamic reduction. Cals: 390 F: 8g C: 39g P: 36 | \$14.75 |

BEEF

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| 5 | Beef & Broccoli *NEW* 🔥 Slow cooked sirloin over a bed of jasmine rice, broccoli, water chestnuts, shredded carrots, green onions & sesame seeds. With a side of our homemade stir fry sauce. Cals: 487 F: 18g C: 43g P: 39g | \$15.95 |
| 6 | Cheeseburger Bowl 🔥 w. lean ground beef, jasmine rice, cheddar cheese, bread & butter pickles, diced red onions and a side of ketchup & mustard. Cals: 479 F: 18g C: 26g P: 43g | \$13.95 |
| 7 | Beef Fajitas 🔥 Lean, taco seasoned ground beef w. sautéed sweet peppers, onions, black beans, basmati rice & a side of hot sauce, corn tortillas & lime Cals: 541 F: 19g C: 48g P: 41g | \$14.75 |

TURKEY

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| 8 | Sweet Potato & Turkey Skillet 🔥 Lean ground turkey & sweet potatoes w. sautéed spanish onions, diced sweet peppers, red chili flakes & ground pepper, topped w. fresh parsley & shredded mozzarella cheese. Cals: 472 F: 18g C: 31g P: 40g | \$14.95 |
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SEAFOOD

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| 9 | Sweet & Sour Shrimp 🔥 Fresh sauteed shrimp w. jasmine rice, steamed pea pods & a side of sweet & sour sauce. Cals: 344 F: 3g C: 29g P: 45g | \$15.95 |
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BREAKFAST

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| 10 | Turkey Sausage & Veggie Breakfast Skillet *NEW* 🔥 Ground turkey sausage, scrambled eggs, red potatoes diced broccoli & topped with diced tomatoes and green onions with a side of hot sauce. Cals: 421 F: 19g C: 30g P: 29 | \$11.95 |
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Salad

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| 11 | Mediterranean Salad ❄️ A bed of spring greens w. cucumbers, cherry tomatoes, chick peas, artichoke hearts, feta, roasted red peppers, green onions & a Greek vinaigrette Cals: 181 F: 7g C: 21g P: 10g | \$13.95 |
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Snacks

Ingredient friendly, all natural, whole food, snacks & breakfast items ✨

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| A | Strawberry Vanilla Protein Overnight Oats - \$5.95 Old fashioned oats, chia seeds, almond milk, Greek yogurt, strawberries, flax granola, vanilla protein, vanilla, almonds. Cals: 328 F: 8.5g C: 48g P: 14g |
| B | *NEW ITEM COMING SOON* - Taking this time to finalize our newest snack/breakfast item to the menu, sit tight, we are excited about this one!!! - |
| C | - Protein Balls (4) - \$6.95 Oats, peanut butter, agave, ground flaxseeds, mini chocolate chips, & craisins Cals: 180 F: 9g C: 19g P: 7g (per one ball) |
| D | - Peach Cobbler Parfait NEW* - \$5.95 Vanilla Greek yogurt topped with fresh peaches, flax granola & crunchy granola Cals: 228 F: 3.5g C: 32g P: 18g |
| E | Blueberry Pie Crust Bars - \$5 Introducing our "Sweet Treat" of the menu! Oats, brown sugar, cinnamon, baking soda, salt, butter, vanilla, almond, blueberries, maple, cornstarch Cals: 199 F: 9g C: 28g P: 3g |
| F | \$5 Tip For Your Delivery Driver! |